

AT THE CAMERON

**LIVE THEATER SHOW – “BON APPETIT, JULIA”,
Friday, September 17 at 1pm**

Delvena Theatre Company will be back with us this year for another live performance. This show is a sequel to Delvena's ever-popular *Meet Julia Child!* show. Set in the 1980's, the show will focus on insight into the beloved chef, Julia Child's life at that time. There will be audience participation and an original *The Way to Cook* program. Julia will be demonstrating her culinary skills, with real ingredients, and encouraging help from the audience. Julia being Julia! An interactive, fun show! The cast will be open for discussion regarding Julia Child, after the show. As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978-692-5523 to sign up for this FREE show.**



This program is supported by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

AUTUMN CASINO TRIP TO FOXWOODS!

Tuesday, October 5 at 7:30am

We will be traveling to **Connecticut** and are **inviting all those ages 50 and over** to join us. Silver Fox Motor Coach will once again be driving us with **departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot.** The fee for this trip will be \$30 which includes driver gratuity and is due at sign-up as there will be limited seating. Currently, Foxwoods does not have a buffet option and they are not giving bonus or food coupons. You will be on your own for lunch choices.

Please bring a mask as we are required to wear one on the bus. Please call 978.692.5523 to sign-up for this fun day at Foxwoods! Your seat on the bus is not guaranteed until you have paid for it.

BACK AGAIN, BETTER THAN EVER - TRIVIA A GO-GO

Tuesday, October 26, 5:30-7:30pm

Join us for our annual trivia program. Doors open at 5:30 for desserts and trivia begins at 6:00. We have a new method for team selection. Many new bonus games, questions, and there will be door prizes and prizes for the champion team! All this for \$3.00. Sign up quick so you don't miss the fun. 978-692-5523.



From left: Frances Kosenko, Katharine Karr, Patti Mason and Evie Morine prepare to distribute groceries donated by Whole Foods and flowers donated by Trader Joe's. See Page 5 for more information!

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978 - 692 - 5523

www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>

<https://www.youtube.com/channel/UCaNqAZb3tw8EYYQ5bEe7XXg>

Directors Report ...

One of my favorite “facts” about sharks is that they have to keep moving, or they die. Turns out, it’s true of some sharks but not all. However, it does make for a good metaphor! The last year and a half have been a real test for us. We had to stop moving for a while as we were facing a global pandemic. We all had a lot of time to think, to move furniture, to organize (maybe) and to remember just how important family and friends are to us.

But now we are healing, and we are on the move again! The Center is open full-time, Trudy’s Boutique is open every day, our Fitness Center is open and we are holding classes and social events again. How nice it is to see everyone – especially your smiles! We do need those of you who are unvaccinated to wear masks in the building, and please keep up with current guidelines on the COVID-19 virus. It’s an ever-changing mountain of information.

This issue of the newsletter marks another change. Beginning with this issue, we have moved our newsletter business to Ledgeview Printing, a locally owned business. We are so happy to have a local partner, and local advertisers who know our community. If you patronize the advertisers, be sure to tell them you saw the advertisement in our newsletter! Martha Brockway is our newsletter editor, so if you have something you’d like considered for publication in future newsletters, email her at mbrockway@westfordma.gov. We welcome these changes as we continue to move forward – and we welcome you back to your Center. Social engagement is critical for all of us. Please share your suggestions, comments, concerns, and compliments!



TOWN MEETING - MONDAY, OCTOBER 18, 7PM, ABBOT SCHOOL

It is so important to attend Town Meeting to vote on important issues facing Westford! Transportation to and from the Monday, October 18 Special Town Meeting at the Abbott school will be available via the Cameron Senior Center’s Transportation Department, by way of their COA vans. If you need transportation to Town Meeting, please call 978-399-2322, or check the transportation website for online transportation request options at the following link:

<https://www.westfordma.gov/1433/Town-Meeting-Transportation>

How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978-399-2324
- If you prefer receiving a newsletter via email, please go to the town website and click on “Notify Me” and type in your email to sign in. Under “Agenda Center” Click on Council on Aging
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Robert Rafferty, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
John Wilson, Maintenance
Edna MacNeil, Front Desk
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Vacant, Night Supervisor

COUNCIL ON AGING BOARD MEMBERS

Helena Crocker, Honorary
Member Emeritus
Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Sandra Collins
Patricia Holmes
Roberta McGuire
Terry Stader
Barbara Upperman

FRIENDS OF CAMERON BOARD MEMBERS

Pat Reppucci, President
Donna Owens, Vice President
Kevin McGuire, Treasurer
Frances Kosenko, Asst. Treasurer
Gail Austin
Karen Bigelow
Helena Crocker
Joan Greenwood
Barbara Tonucci

BOARD MEETINGS

**COA Board-September 15 and October 20
Friends of Cameron—September 16 and October 21**

DINING AND GAMES

Dining Options

RESTAURANT REVIEW

Meet your peers at a local restaurant once a month! Be sure to mark your calendars for our next outings on **Wednesday, September 22, 11:30am at Seoul Kitchen, 142 Littleton Rd, Westford , and Wednesday, October 27 at 11:30am at Il Forno, 529 King St, Littleton MA.** Please pre-register at 978-692-5523 so we can ensure adequate seating at the restaurant. When you arrive, please check in under "Westford Senior Center". If you need a ride, please book the van with Transportation (978-399-2322) as soon as possible.

BIRTHDAY LUNCH CELEBRATIONS

Wednesday, September 29 at 12pm

Italian Sausage sandwiches (optional onions and peppers) served with Caesar salad and prepared by Bill Vullo

Wednesday, October 20 12:30

KFC Chicken, coleslaw, and potatoes

Come see your friends and celebrate the September and October birthdays. Lunch will be followed by cake and ice cream. Cost is \$5 and birthday celebrants are free. Please sign up at 978-692-5523.

NEW - DINNER WITH DONNA

Tuesday September 28, 6:00pm

Join us for a delicious Italian dinner cooked by Donna Dutton, Chuck's wife. Donna has catered for years and loves to be in the kitchen. We look forward to offering this evening program and may offer it again in the future. The Westford Food Pantry is generously subsidizing some of the cost of this meal so the fee is only \$3.00. Be sure to call and sign up quickly, 978-692-5523.

BINGO/HOT DOG/BURGER

Thursdays, September 9 and 23, October 14 and 28

4:45-6:00pm

Please Note New Prices

Due to popular demand, hotdogs and burgers will be served the 2nd and 4th Thursday of every month before BINGO. A hot dog, chips, drink, and dessert setup is \$4.00. A hamburger/cheeseburger set up is \$5.00 and it is \$6 for a hotdog and burger combo. An extra hotdog is \$1, an extra burger is \$2. Simply pay at the front desk when you arrive. BINGO starts at 7:00.

MEN'S BREAKFAST

Monday, September 13, 8am

Preston Corbone , Financial Advisor, Edward Jones, will discuss investments

Monday, October 4, 8am

Patti Mason and Bob Oliphant will discuss genealogy
Please sign up at 978-692-5523.

WOMEN'S LUNCH

We will have monthly lunches for women. Every other month we will have a speaker, and the other months will be social lunches. Cost is \$5.00 Please sign up at 978-692-5523.

Wednesday, September 15th at 12pm

Lunch, Coloring and Conversation Come join us for lunch and coloring while socializing with friends. Coloring blanks available. Bring your pencils and pens for a fun time (some are available to use).

Wednesday, October 13th at 12 p.m.

Is it Worth it to Downsize? Many people become overwhelmed at the prospect of moving when they think of getting rid of their belongings, finding a new home and other issues that moving entails. Kathy Cunningham from Coldwell Banker Realty will be here to pose the questions to help with that decision. She will also provide tips and tricks and new programs to help those who decide to move to get rid of the clutter and take advantage of current market conditions.

VETERAN'S LUNCH

September 22 at 12pm

Veterans and their spouses are invited to a lunch co-sponsored by the American Legion Post 159 and VFW Post 6539. Please RSVP at 978 692 5523.

Games

WEEKLY BINGO

Mondays 1pm

Thursdays at 7pm

Join us inside at the Cameron for some BINGO Fun! \$1 for a colored dobber which you get to keep. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978-692-5523.



BRIDGE

Thursdays at 3pm beginning September 2

Bridge is back at The Cameron!



CRIBBAGE

Wednesdays at 12:30

Come join our dedicated Cribbage players in the Art Room!



HAND AND FOOT

Thursdays at 12:30pm

Come play Canasta at the Cameron!



Health and Wellness Offerings

Fitness Classes

TAI CHI

Mondays at 1pm

Eight Weeks starting Monday, September 13

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.



BONE BUILDERS

**Mondays and Wednesdays 9:30-10:30am,
Tuesdays and Thursdays 1-2pm**

To register please call the Cameron at 978-692-5523. Class space is limited, and an application must be completed (with doctor's approval) to join the class. If you have any questions, please call Maureen Thibodeau at 978-692-7634.



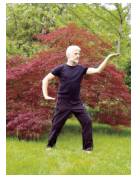
MINDFUL MOVEMENT FOR HEALTH PRESERVATION

Tuesdays at 9am

Eight weeks starting September 7

Instructor: Dave Crocker from Cultivating Qi based in Westford, MA

Regular movement of all parts of the mind and body are needed to maintain and improve our health & well-being. Mindful movement is a mind-body activity done with in-the-moment awareness of what you are doing, and its benefits include: reduced stress, greater relaxation and improved quality of life. You will learn meditative movements that enhance your body's ability to heal itself. The slow, gentle movements and deep, abdominal breathing while maintaining an internal focus bring about a wonderful calmness to your being, a strengthening of your immune system and newfound physical-mental-spiritual balance. Class size is limited so register early at 978-692-5523. Cost for Westford Residents is \$24 per session, and cost for Non- Westford Residents is \$5.00 per class.



Yoga/Pilates for Active Seniors

Tuesdays at 10:15am

6 weeks starting September 21

Join Jo Crawford for a Yoga/Pilates class at the Cameron. Cost for Westford residents is \$3 per class, and non- Westford Residents is \$5 per class. Bring your mat! Sign up at 978-692-5523

CHAIR MOVEMENT CLASS WITH CAROL WING

Tuesdays and Thursdays at 10:10am

Eight Weeks starting Tuesday, September 7

To register call 978-692-5523 Cost for Westford residents is \$24 for each session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.



ZUMBA

Tuesdays and Thursdays at 9:15am

Eight Weeks starting Tuesday, September 7

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.



WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am

Eight weeks starting September 7

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, pliability, strength training, plyometrics, and cardiovascular fitness. Get a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Please call to sign up at 978-692-5523. Class fee: Westford Residents \$50 and non-Westford Residents-\$65



GENTLE YOGA

Thursdays at 9am

6 weeks starting September 23

Join Jo Crawford for a Yoga class at the Cameron. Cost for Westford residents is \$3 per class, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523



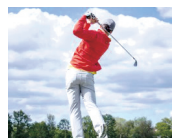
Social Fitness Activities

TUESDAY GOLF AT QUAIL RIDGE GOLF CLUB, 354 GREAT RD, ACTON MA

Tuesdays beginning at 7:30am Through October

Cost: \$20 walking, \$30 with cart. Call Quail Ridge at [\(978\) 264-0399](tel:9782640399) for your tee time and for

information about cart use under COVID-19 guidelines. Make sure you say you're with the Westford Group to get this special price.



PING PONG

Mondays 2pm, Tuesdays 3:30pm, Fridays at 9:30am

New and advanced players make up this dedicated group of players. It is a great way to be with other vibrant active adults and get some exercise. Please RSVP by calling the center at 978-692-5523 so we know how many tables to set up.



PICKLEBALL

Thursdays 9am, weather permitting

The equipment is also available to use during all hours of operations of the Cameron. Just see the front desk to request. For updated information for pickleball around Westford is the website at <https://sites.google.com/view/westfordpickleball/home>

Health Screenings and Information

WESTFORD HEALTH DEPARTMENT OFFERS BLOOD PRESSURE & MORE

Tuesdays September 21, and October 12 at 9 AM

Meet with Gail Johnson, the Town's Public Health Nurse

Health screenings including: blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns.

HEARING SCREENING

Monday, September 13, and October 18 at 9:30 a.m.

Dr. Megan Ford from HearSmart Audiology of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

PODIATRIST

Dr. Bryant Tarr, D.P.M., Westford Podiatry

Friday, October 1, at 8am

Payment will be \$35.00 cash Dr. Tarr will be here 8am until 11am (later if there are still people are waiting). No appointments—people will be seen on a first come first served basis. Please call with any questions at 978-692-5523.

FALLON HEALTH MEDICARE PRESENTATION

Thursday, September 9, at 10am

Circle your calendar and come to the senior center to meet with Bill Bjerke from Fallon Health Medicare. Learn about what Fallon has to offer. If you're getting ready for Medicare or have questions about Medicare and supplemental plans, sign up at 978-692-5523.

NEED ASSISTANCE WITH MEDICARE?

Mondays, September 13 and October 25 by appointment

SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. To schedule a SHINE appointment or for more information call the Cameron at 978-692-5523.

MEDICARE PART D ISSUES?

What can you do if you've reached the donut hole? If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also call for a SHINE appointment at 978-692-5523 or learn more online at

www.prescriptionadvantagema.org

Healthy Food Options

Westford Food Pantry

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**

September 1, 8, 15, 22, 29

October 6, 13, 20, 27

- **Friday Mornings from 9 to 11 am**

September 3, 10, 17, 24

October 1, 8, 15, 22, 29

For more information, or to donate, check their website at

www.westfordfoodpantry.org

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information lynnmroderick@aol.com

WHOLE FOODS DISTRIBUTION

Mondays at 1:30pm and Thursdays at 2:00pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.

ORGANIC VEGETABLE DISTRIBUTION

Every Thursday 1:00pm at 65 Tadmuck Rd

We are excited to continue our relationship with **Gaining Grounds** of Concord, who once again are offering their organic produce weekly to all Westford residents who meet income guidelines (Fuel assistance criteria). To participate one must sign an income attestation on the day of produce pick up. Please bring your own pen for sanitary purposes. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Road in the community center parking lot. People are encouraged to wait in their cars or apartments, rather than in groups or in the community center hallway. Because this program is so desirable, people often arrive early. We will pass out disposable numbers starting at 1:00. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:30. Any questions call Annette at 978-399-2326.





Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

SOCIAL SERVICES AND OUTREACH NEWS

Outreach

As your Outreach Worker, it is my honor to serve and assist you in any way possible. For example, I can help you explore benefits you may be eligible for if you are having trouble with paying your bills. If you have a home maintenance need, I can try to help you find a handyman or community organization that may be able to assist. Also, this is a busy time of year for people completing yearly applications for fuel and property tax relief assistance. Remember we are here to support you through these application renewals. Please know we take seriously your concerns and needs and will do our best to find a solution. Please feel free to call Annette at 978-399-2326.

SEEKING HANDYPERSON VOLUNTEERS

Our senior residents on fixed incomes occasionally look to us for help with small/odd jobs. Requests that come in are varied but include: installing window air conditioners, changing faucets, repairing computers, rewiring lamps, moving furniture, trimming hedges and more. You select which jobs you are comfortable helping with. If you are looking for meaningful ways to help our senior residents, please consider this role. To discuss this further please call Annette at 978-399-2326.

FALL YARD CLEANUP- SIGN UP BY FRI. Oct. 1st

With October around the corner, it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Friday Oct. 1st**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker, at 978-399-2326

FREE INCONTINENCE PRODUCTS

We currently have a surplus of personal hygiene products (depends, pads) that can be yours by calling Annette at 978-399-2326.

CAREGIVER MOVIE SERIES AT CAMERON Join Annette and Alison the last Wednesday of the month from 1-4PM to watch a movie about the caregiver role in various circumstances and health conditions. After the movie, we will host a brief discussion of the movie's themes and participant impressions and experiences. We plan to host this series for 6 months and we will try to choose a variety of situations to explore through cinematic art! Here are the next two movies in the series. Sign up at 978-692-5523.

September 29th- **Away from Her**(2006)-*Caring for a spouse with dementia*-A couple copes with the wife's diagnosis of Alzheimer's disease and her growing affection for another nursing home patient.

October 27th- **The Intouchables**(2011)-*Caring for someone with quadriplegia*. In need of a caregiver, a wealthy aristocrat with quadriplegia hires the last person anyone expects: an ex-con with no experience. Based on a true story.

VIRTUAL DEMENTIA FRIENDS CHAMPION TRAINING

Tuesday, September 14, from 1pm to 3:30 pm

Dementia Friends is a global public awareness program that helps everyone in a community to learn a little about dementia and how it affects people, and the simple things that we can all do to make a difference. To learn more, watch this **2-minute video** at <https://www.dementiafriendsma.org/node/127>

This training is free and open to the public. During this training, you will take part in a Dementia Friends information session and be counted as a part of the growing number of "Dementia Friends" worldwide. This training will also equip you with the knowledge and materials needed to become a volunteer "Champion," which means that you will be able to facilitate your own virtual or in-person Dementia Friends Information Session with members of your community. High school students and adults are able to become trained as Champions.

The training will be held on Zoom. Please register by September 13 by going to this link: [https://zoom.us/meeting/register/tJMIceusqTwGdFBCcJJTVyX6-quihEQYgXj](https://zoom.us/join/https://zoom.us/join/register/tJMIceusqTwGdFBCcJJTVyX6-quihEQYgXj). You will receive an automated confirmation message back with your unique Zoom link to join the meeting. Please check your junk folder if you don't receive it. Please contact Beth Soltzberg at bsoltzberg@jfcscoston.org with any questions. Thank you for your interest!

How has COVID-19 Influenced the Real Estate Market?

Tuesday, September 14, 6:30pm

The Pandemic has changed many things in our world and real estate is no exception. Come and join Kathy Cunningham, Realtor from Coldwell Banker Realty to hear about those changes and how to take advantage of them and plan if you are thinking of moving in the future. Please call to sign up 978-692-5523.

Housing and Independent Living Resources

KEYSAFE LOCK BOXES

This program with the Fire Dept. has been a huge success with over 50 lock boxes installed at seniors homes. If you live alone, have medical issues or frequently need to call 911, you are a candidate for a key safe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire department, your neighbors, and family can have the code to prevent damaging your home to enter in an emergency. For more information call Annette at 978-399-2326.

FILES OF LIFE

Health has been our primary concern over the past year! With that in mind, please make it a point to fill out a **File of Life** magnetized card that goes on your fridge. If EMTs go to your home, they will look for this file that has your pertinent information on it, including emergency contacts, Doctor's name, hospital preference, medications, and allergies. If you would like a File of Life, call Annette at 978-399-2326.

CHECK YOUR ELECTRIC RATES

Do you pay more than \$0.10793/kw?

If you ever signed up with another electric company, you may be paying much more than you need to. If the supplier listed on your National Grid bill is not "Constellation", you are not in the town's aggregate program which offers this low rate. I can help you get into the town program or you can go to this site: <https://masscea.com/westford> If you want to opt out of your current supplier, be sure you won't be breaking a contract (and have to pay a fee) before you enroll in the town program. Any questions call Annette at 978-399-2326.

DON'T FORGET....September is the time to start thinking about your winter heating costs. If you are interested in learning about **LIHEAP**-fuel assistance guidelines for this year, call Alison at 978-399-2325 or Annette at 978-399-2326. For those who had fuel assistance previously, keep your eye out for mail from Community Teamwork and give a call if you need assistance with your renewal application.

GROCERY DELIVERY

Effective immediately, SNAP recipients can now shop online at Hannaford, Stop & Shop, Price Chopper and Aldi via **Instacart**. Instacart is waiving delivery fees for the first three orders through September 16, 2021.

COVID-19 Resources

Effective July 21 All non-vaccinated people must wear masks in Town Buildings, including the Cameron Senior Center. Thanks for your cooperation! Let's all stay healthy this year!

We strongly encourage you to make your event attendance decisions based on the most up-to-date public health guidelines. Thanks for your understanding!

Do you recognize the locations (Westford and surrounding towns) of the photos on pages 7, 8, 12, and 13? Stop by the front desk and get a submission form. A winner will be selected from among those with the most correct answers, and will receive a Cameron Bucks card. Are you a photographer? Submit your Westford photos for inclusion in a future newsletter!

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Transportation

The Westford Council on Aging Transportation Services are for Seniors 55 or older, and the disabled.

The transportation office can be reached at 978-399-2322 or by calling the Cameron Senior Center at 978-692-5523 and asking for transportation. Medical appointments are our priority although our accessible vans can take you anywhere within our service area, including for local errands.

Our transportation program also transports disabled individuals of any age who have completed the application process through the LRTA. If you have any trouble with this application process, please call us for assistance at 978-399-2322. Our drivers are CPR and first aid trained. Some have been trained in passenger assistance, disability awareness, assisting those with dementia, driving while distracted and advanced defensive driving. We appreciate as much notice as possible so please make sure to call at least 48 hours in advance. For same day changes if the transportation office cannot be reached at 978-399-2322 please call the Cameron Senior Center at 978-692-5523 and speak to the front desk.

Round Trip Service Areas and Donation Fees:

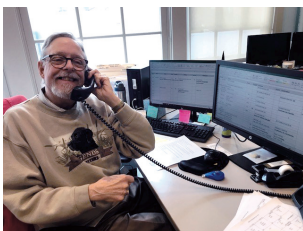
Westford: \$3; **Acton, Carlisle, Chelmsford, Groton and Littleton:** \$6; **Ayer, Concord and Lowell:** \$8

General Transportation Hours:

Monday through Friday: 8:00 AM - 4:00 PM, with our last ride being at 3:30 PM. Evening transportation is provided for Cameron Senior Center sponsored events. Town meeting transportation is available. When leaving a message please be sure to leave your name, phone number, date, time and location of your appointment. We will call you back with any questions and to schedule your ride.

RETIREE OF THE MONTH—Chuck Dutton

Chuck was with the Cameron Senior Center for 8 years, the last 5 as the Transportation dispatcher. He married his wife Donna 30 years ago, and they have a son, Kyle, and a rescue dog, Dottie. Chuck loves to camp, kayak, and swim. He also plays guitar in his band "The Church Ladies". He is looking forward to being retired and spending time doing what he loves, including eating his wife's magnificent cooking and watching the Patriots! We wish him well, and hope he drops in to say hi!



Community Resources

ASK THE LAWYER

Tuesday September 14 beginning at 9:30am

Virtual one on one appointments

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by a virtual web meeting. Please call 978-692-5523 to reserve a timeslot.

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

VET 2 VET

Tuesdays, September 14 and October 12 at 11am

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment with Terry Stader at 978-692-5523.

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUP

Wednesdays September 1 and October 6 at 6:30 pm

Meets the 1st Wednesday of the month beginning at 6:30. The meeting has been happening via Zoom during the pandemic. Please call Sandy Klapprodt, the group leader at 978-758-6072 for more information or to pre-register.

ASK THE REALTOR

With Kathy Cunningham of Coldwell Banker, Westford

Mondays, September 13 and October 18 at 10am

Call 978-692-5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

ASK THE OFFICER

Thursday, October 14 at 11am

Westford Police Department Family Services Detective Nirisa

Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2021		1 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Support	2 10:00 Upbeats band 1:00 Gaining Grounds 1:00 Bone Builders 10:00 Watercolors 12:30 Hand and Foot 2:00 Whole Foods 3:00 Bridge 7:00 BINGO	3 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong
6 Center Closed Labor Day	7 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	8 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry	9 9:15 ZUMBA 10:00 Upbeats band 10:00 Medicare Pres 10:10 Chair Movement 12:30 Hand and Foot 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 4:45 Hot Dog Dinner 7:00 BINGO	10 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
13 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	14 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 6:30 COVID and Real Estate	15 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	16 9:15 ZUMBA 10:00 Upbeats band 10:00 Watercolors 10:10 Chair Movement 12:30 Hand and Foot 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 3:00 Bridge 4:15 Movie Night 7:00 BINGO	17 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 Delvena Theatre
20 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	21 9:00 Quilting 9:00 Blood Pressure 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 7:00 Moon Festival	22 9:30 Bone Builders 11:30 Restaurant Review 12:00 Veterans Lunch 12:30 Cribbage 6:00 Food Pantry	23 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:00 Watercolors 10:10 Chair Movement 12:30 Hand and Foot 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 3:00 Bridge 4:45 Hot Dog Dinner 7:00 BINGO	24 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
27 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	28 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 6:00 Dinner with Donna	29 9:30 Bone Builders 12:00 Birthday Lunch 12:30 Cribbage Library 1:00 Caregiver Movie 6:00 Food Pantry	30 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Watercolors 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 3:00 Bridge 7:00 BINGO	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2021				1 8:00 Podiatrist 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
4 8:00 Men's Breakfast 9:30 Bone Builders 10:00 Ask the Realtor 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	5 7:30 Casino Trip 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	6 9:30 Bone Builders 10:00 Autumn Wreath 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Support	7 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:00 Watercolor Class 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods 3:00 Bridge 7:00 BINGO	8 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
11 Center Closed Columbus Day	12 9:00 Quilting 9:00 Blood Pressure 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 10:15 Pilates 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	13 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	14 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:00 Watercolor Class 10:10 Chair Movement 11:00 Ask the Officer 12:30 Hand and Foot 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods 3:00 Bridge 4:45 Hot Dog Dinner 7:00 BINGO	15 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
18 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong 7:00 Town Meeting	19 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 2:00 Book Club 1:00 Open Art Studio 3:30 Ping Pong	20 9:30 Bone Builders 12:30 Birthday Lunch 12:30 Cribbage 6:00 Food Pantry	21 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:00 Watercolor Class 10:10 Chair Movement 12:30 Hand and Foot 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 3:00 Bridge 4:15 Movie Night 7:00 BINGO	22 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong
25 9:30 Bone Builders 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	26 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 5:30 Trivia Night	27 9:30 Bone Builders 11:30 Restaurant Rvw 12:30 Cribbage-Library 1:00 Caregive Movie 6:00 Food Pantry	28 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods 3:00 Bridge 4:45 Hot Dog Dinner 7:00 BINGO	29 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong

Friends Corner

On June 24, the Friends annual meeting took place. Congratulations to the new and returning board members, Pat Reppucci, President, Donna Owen, Vice President, Kevin Mcguire, Treasurer, Frances Kosenko, Assistant Treasurer, Gail Austin, Karen Sue Bigelow, Helena Crocker, Joan Greenwood, and Barbara Tonucci.

The Friends are delighted to see so many people returning to the Cameron. Please stop by and look at Trudy's Boutique and the many wonderful items for sale. Thank you, Frances Kosenko, Barbara Tonucci, and all volunteers for your leadership and hard work in presenting Trudy's 2.0.

The Friends hope you enjoy the return of Coffee and Tea to the Cameron.

We the would like to thank everyone who participated in three quilt raffles. Our inside yard sale that took place on June 11, 2021, was quite a success. Jewelry, games, and puzzles were very popular.

The first Monday of every month the Friends plan to run themed one table sale in the lobby of the Cameron. Our first sale took place July 12, 2021, with handbags and shoes flying off the table.

Stay tuned for more lobby sales. Look for an online auction in September and holiday events taking place in the fall.

Check out the "Friends" website for up-to-date information and volunteer opportunities. <https://westfordmafriendsofcameron.com/>



Arts and Crafts Classes

BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

Thursdays for six weeks beginning September 16

10am -noon

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class is limited. A second class will be considered if there is a significant wait list. Cost: \$90 *Please request watercolor supply list once you pay for the class.

CRAFT CLASS! AUTUMN WREATH

Wednesday, October 6th, 10 am to noon

Get ready for Fall by creating a bright cheerful wreath for your door. Call Karen 603-689-4603 for questions and 978-692-5523 to register. Limited seating. Fee \$4. **Look for more craft classes in November and December!**

OPEN ART STUDIO

Tuesdays 1pm – 3pm

Do you have projects that you are working on but also want some company while you paint? Drop-ins are welcome.

VOLUNTEERS WANTED AND NEEDED

If you are interested in volunteering, please contact Katie Russell at 978-399-2330 or via email at krussell@westfordma.gov. Or stop by the desk and pick up a package!



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A Walking Tour of the "One and Only" FORGE VILLAGE
With Geoff Hall and friends

Hosted by the Westford Historical Society and Museum
Saturday, September 25, 2021 2:00 pm - 3:15 pm

Meet at: The Cameron Senior Center
20 Pleasant St Westford, MA 01886

There is just one Forge Village in the entire United States and it is found in Westford, Massachusetts!



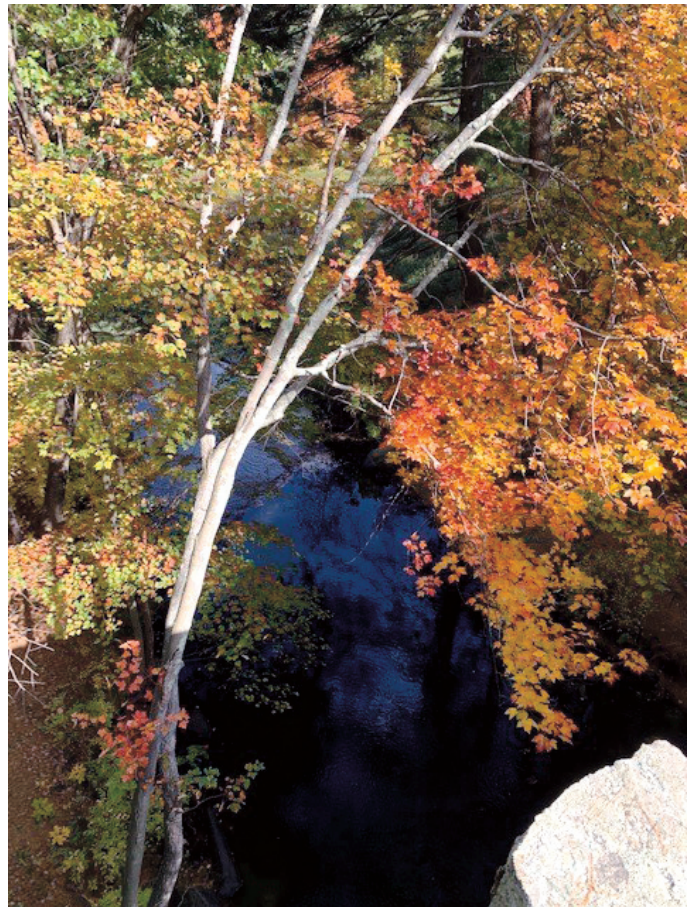
Explore Forge Village with Westford Town Historian Geoff Hall and friends as they take you on a walking tour of the backstreets and neighbors of the village. They will be sharing stories of the amazing people that changed the course of the village, as well as discussing the important role that local industries had on the growth and development of the Forge Village as we know it today. Meet at the Cameron Center to start your walking tour and let's explore the "one and only" Forge Village together!

The Westford Historical Society and Museum, through the Cameron Senior Center is also offering a special van tour of the historic Forge Village, Saturday September 25 at 12-1pm. Space is limited and reservations are required through the Westford Council on Aging. Please call 978-692-5523 to place your reservation for the vantour today. Suggested donation \$5 per person/\$10 per family (To be collected the day of the tour)

HOLIDAY BASKETS

The Cameron Senior Center is partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application. Please note: The deadline for applications to be submitted is October 22 for both holidays.

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SOCIAL AND ENRICHMENT ACTIVITIES

CHINESE MOON FESTIVAL

Tuesday, September 21, 7:00-9:00pm
Tadmuck Housing, 65 Tadmuck Rd

Join us for an international, fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China. The day is also known as the Moon Festival, because the moon is at its roundest and brightest. During the Moon Festival, people express thanks to the moon and celebrate the harvest. This day is also considered a time for families to reunite. On festival day, family members gather to offer lanterns as sacrifices to the moon, appreciate the bright full moon, eat moon cakes, and express longing for family members and friends who live afar. Deadline to sign up is September 14; please call 978-692-5523. Cost \$5.00.



MOVIE NIGHT IS BACK TO THURSDAYS

On September 16 and October 21 at 4:15

Join us September 16 for the American Western Drama, *News of the World* starring Tom Hanks and October 21 for *The Hero*, starring Sam Elliot as an aging actor. \$4.00 for a movie, popcorn, refreshments and light meal. Please call to sign up at least 3 days prior at 978-692-5523.

BOOK CLUB

Tuesdays September 21 and October 19 at 2pm (new start time)

Join us for great discussions the third Tuesday of each month. For September, our book is the autobiography, *Sisters First: Stories from Our Wild and Wonderful Life* by the Bush sisters. In October we will discuss *The One in a Million Boy* by Monica Wood. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

QUILTING AND SEWING

Mondays at 10am and Tuesdays at 9am

Do you have some creative talent and projects you're working on? Want some company while you work? Drop in and make some new connections!

UPBEATS BAND

Thursdays 10am

Are you an experienced at playing an instrument? Join The Upbeats—play music and have fun!

Trips

THE BRITISH INVASION YEARS

Wednesday, October 20

A 60's Musical Revolution with Hits from BOTH Sides of the Atlantic! Enjoy Lunch and a Show at The Lantana in Randolph. \$106 pp Sign up at 978-692-5523.

WASHINGTON D.C. TRIP

October 21st - 24th, 2021 (Thursday - Sunday)

Program highlights include: World War II Memorial, Vietnam Memorial, Martin Luther King Memorial, FDR & Korean Monuments, New Air & Space Museum at Dulles, Lincoln & Jefferson Memorials, Arlington National Cemetery - Including Kennedy Gravesites (JFK, Bobby, Teddy) Cost is \$699pp. Sign up at 978-692-5523.

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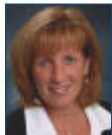
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Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	5				9	1		6
			7	4				3
		3		6	1	4	8	7
	4	1	6					
6		9		7				
	3				5			
			8	9				
	7	6		1			5	

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“NLXSSOHA LEEGQ LTGO NHTOJCQFTI,
WBQS LTGO X RELN LEEGQ LTGO X
CEZ.”

— XBSFEH BJGJERJ

THE SOLUTION WILL APPEAR IN THE NEXT EDITION

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E001

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: “J” = “N”*

CROSSWORD PUZZLE

ACROSS

- 1 Metrical unit
5 Arabian judge
9 Grandfather of Saul
12 Exude
13 Sleeping
14 Mountain on Crete
15 Javanese carriage
16 Weed
17 Computer generated imagery (abbr.)
18 Alcott heroine
20 Sable
22 Article
25 Nat'l Endowment for the Arts (abbr.)
27 Garland
28 Time period
29 International (abbr.)
31 And other: abbr. (2 words) (Lat.)
34 Sinbad's bird
35 Fr. author
37 Amer. Dental Assn. (abbr.)
38 Wing (pref.)
40 Grape syrup
41 Jap. fish
42 Article (Fr.)
44 Negative population growth (abbr.)
45 Deviate
46 Necktie
49 Droop
51 Male person
52 Baseball equipment
54 Eth. Danakil people
58 Pointed (pref.)
59 Afr. tree
60 Polish rum cake
61 Footlike structure
62 Direct
63 Poetic foot

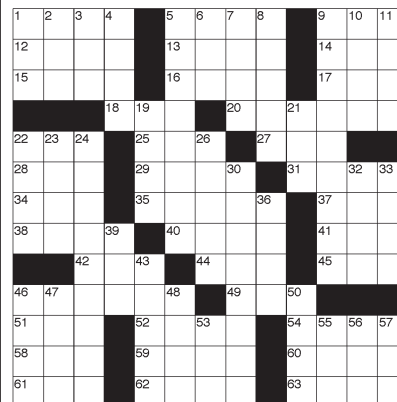
ANSWER TO PREVIOUS PUZZLE

THE CROSSWORD
PUZZLE
SOLUTION
WILL APPEAR
IN THE
NEXT EDITION

DOWN

- 1 Before some vowels (pref.)
2 Tumor (suf.)
3 Free
4 Monad
5 Felis (2 words)
6 Amateur Boxing

- Assn. (abbr.)
7 Skin (suf.)
8 Utopian
9 Wink
10 Wayside
11 Pour
19 Camelot lady
21 Female ruff
22 Manmade protective mound
23 Owl's cry
24 Moon of Saturn
26 Hindu soul
30 Puika (2 words)
32 City in Judah
33 Den
36 Legend
39 Race the motor
43 Palmetto
46 Thunder sound
47 People
48 Subtract
50 Taro
53 Yarn measure
55 Federal Aviation Admin. (abbr.)
56 Antibalistic Missile (abbr.)
57 Mortar beater



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